

BEHAVIORISM

by:

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There are five major theories in educational psychology according to Psychology.org (2021). These theories are behaviorism, cognitivism, constructivism, experientialism, and social contextual learning theories. These theories aim to understand the psychology behind how learning works and utilize it to make learning more efficient. Learning is not a unique process. Many factors could affect the learning of the students. Putting these factors into perspective, the five main theories in education were formulated to help find which one is best based on the needs, habits, and environment of various students.

The first theory which piqued my interest is behaviorism. Based on the Theory by Psychology.org (2021), the key theorists of behaviorism theory are Edward Thorndike, Ivan Pavlov, John B. Watson, and B.F. Skinner. Edward Thorndike and Ivan Pavlov's work in the late 1800s paved the way for behaviorist learning theories. Early behaviorist theories emphasized external, scientifically observable behavioral changes in response to equally measurable stimuli to validate psychology as a science. Some behaviorists acknowledge that thought and emotion have an impact on learning, they disregard these aspects as phenomena outside the scope of scientific inquiry (methodological behaviorism) or transform internal factors into behavioral terms (neobehaviorism/radical behaviorism).

Learning, according to behaviorism, is defined as an observable behavioral change in response to environmental stimuli. Positive stimuli, often known as "rewards," cause one to form positive associations between the reward and specific activity, prompting one

to repeat that behavior. Negative stimuli, or "punishments," on the other hand, discourage the behaviors linked with those stimuli. People learn to repeat or avoid behaviors through this conditioning process.

According to Western Governors University (2020), positive reinforcement is a common example of behaviorism. Rewarding students whenever they achieve high scores. For educators, behaviorism is important because it influences how students react and behave in the classroom, and it has evidence that teachers can have a direct influence on how their students behave. It also helps teachers recognize how a student's home environment and lifestyle affect their conduct, allowing them to observe it objectively and attempt to improve it. Behaviorism theory mainly utilizes both classical and operant conditioning.

References:

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